

Guided Imagery (3)

Goodbye Cinderella
Samarkand Manor Youth Development Center

You feel so good, so relaxed, and so comfortable... You are really getting good at this imagination exercise... Now you know how easy it is to learn something new... Your mind begins to absorb new thoughts... and more and more you are learning more things... You can use this learning in your life everyday... You can remember to do those things that are good for you and put aside those things that hinder you and hold you back from the person you are becoming... the person that you are meant to be... Imagine yourself lying on a dock that overlooks a beautiful lake... the lake is surrounded with tall, green, Carolina pine trees... It is so peaceful here... You hear the water gently lapping at the posts of the dock... You hear the water gently washing to the shore... You can hear the birds singing... the sun is shining and the water sparkles... a warm breeze touches your cheek... this is a place where you can think... remember the behavior you want to give up... think of a better behavior you will put in its place... You can remember to do this every day from now on... You feel good about yourself... See yourself being assertive with friends, relatives and the important people in your life... you can remember to like yourself enough to assert yourself when it is good for you to do so... you feel confident you can do this... Remember the five rational questions you can ask yourself about your thoughts and behavior... Will this save my life and keep me healthy... anything that threatens my life I will find a better behavior to put in its place... Does this help me achieve my goals... Will this keep me out of trouble... Now I know I do not have to be in trouble... this is my choice... It feels so good to choose what is good for me... what is good for me is good for those who love and care about me... I can learn to be constant, persistent, and I can stick with these new ideas and let them become part of my true self... it feels so good to learn new things... I am a fast learner... learning new things gives me confidence... I can do it... I will do it... more and more I am using the new things I learn to help me become the person I want to be... a good friend... a happy person... a trustworthy person... a woman who can take care of herself and others... I believe in myself... you can hear a quiet voice saying "Can do, can do, the lady says can do..." You know that you can do it...

Begin to imagine pushing away all the things that would keep you from completing your special goals... You are free of past burdens... The things that have held you back no longer bother you... More and more you will see yourself as being sure of yourself... Knowing you will have the power and strength to do those things that are good for you... You feel at peace now... You want to begin right away to do those things you planned... You see an elevator and go in... the door closes and you feel yourself going up, up, up... You see the numbers of the floors as you pass... One... Two... Three... Four... Five... Six... Seven... Eight... Nine... Ten... Slowly open your eyes, stretch if you wish and now you are ready to meet life and all its excitement. You are more refreshed, more alert, have more energy than ever before...

(THIS CONCLUDES THE FANTASY. DISCUSS BRIEFLY HOW GROUP MEMBERS FEEL ABOUT THE FANTASY. ASSURE THEM THAT THEY WILL GET BETTER AT DOING THIS WITH PRACTICE. IF MEMBERS WISH TO TAPE THE FANTASY AS THE LEADER READS IT TO TAKE HOME AND PRACTICE, ENCOURAGE THEM TO DO SO.)